

City of Rocklin Recreation Division General Volleyball League Rules

1. Only the team captain may ask the official to explain a fault. This should be kept to a minimum. **Managers will be held responsible for their team's actions.**
2. Matches consist of three games to 15 points (win by two) cap at 17. If a match is running long, the referee may choose to have rally-score format in the third game. All games should be played and will be recorded in the league standings.
3. The team listed first on the schedule serves first for games 1 & 3. The team listed second serves first for game 2.
4. Forfeit rule; Teams without the minimum number of players, and gender, required (doubles-2, quads-3 and sixes-4) at Game Time will forfeit the first game at 5 minutes after scheduled start time, second game at 10 minutes and the match at 15 minutes after Game Time. The **ONLY** exception is if **BOTH** teams agree to play an official match **PRIOR** to the start of play.
5. Each teams' first hit can be received with a double hit but can not be lifted. No blocking or spiking of serves is allowed.
6. Only non-scuffing soled shoes are allowed in the gym.
7. No food or drinks other than water is allowed in the gym.
8. Children must be supervised at all times.
9. Serving can be done from anywhere behind the end line in within five seconds after the official blows the whistle for service in all divisions.
10. Teams may have one twenty second time out per game.
11. A block doesn't count as a hit. You are allowed three more hits.
12. Player's may not cross onto the opponent's court, under the net. The foot must be completely over the line to be illegal.
13. The ceiling is in play on your own side of the net.
14. A player may not attack the ball while it is on the opponent's side of the net.
15. In coed sixes leagues, a female must touch the ball on plays that involve more than one hit.
16. All players, except for the server, must be in the court at the time of the serve.

SPORTSMANSHIP

The Rocklin City Council recently passed a sportsmanship ordinance for all youth and adult sports activities in our community as shown below. We will be strictly enforcing the city of Rocklin Adult Sports Code of Conduct. Team Managers are responsible for the actions of their players and team.

**GOOD SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY.
DEMONSTRATING GOOD SPORTSMANSHIP INCLUDES RECOGNIZING THE
SKILLS OF ALL PLAYERS AND OFFICIALS; SELF CONTROL; HUMILITY IN
VICTORY; CALMNESS AND COMPOSURE IN DEFEAT; AND CONCERN FOR
OTHERS.**

**PLEASE DISPLAY GOOD SPORTSMANSHIP AT ALL TIMES ON THE FIELD, ON
THE BENCH, AND IN THE STANDS.**